

5 A Day Recipes

Breakfast

Asparagus Omelet

Serves 2

Provides 2 vegetable servings per person

When the spring asparagus comes into season, I celebrate with an omelet. Snap the ends off of 8 asparagus stalks and cut them into small pieces to make 1 cup. Steam for about 5 minutes and set aside. For 2 people, 1 cup of egg substitute or 4 whole eggs. Pour into a hot non-stick pan and cook until firm. Then scatter the asparagus, seasoned with a little salt and pepper and a few drops of lemon juice, over the top. Dust with a tablespoon of grated Parmesan cheese and roll it up. Garnish with sliced tomatoes. And just think, by the time you finish breakfast you've already had 2 servings of vegetables!

- 8 stalks asparagus
- pinch each salt and pepper
- 1 teaspoon lemon juice
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon butter
- ½ teaspoon non-aromatic olive oil
- 1 cup egg substitute or 4 eggs
- 1 cup sliced tomatoes

1. Snap the tough ends off the asparagus and discard. Cut the tender stalks in 1" pieces. Place in a steamer basket, season with salt and pepper and sprinkle with lemon juice. Steam or microwave 5 minutes or until tender. Set aside.

2. Heat the omelet pan and melt the butter with the oil. Pour in the eggs and cook, pushing the eggs to the center of the pan and tipping the pan to cook evenly. When the eggs are ready, scatter with Parmesan cheese and add the asparagus. Roll up, cut in half, and serve garnished with the tomatoes.

Nutritional Analysis per serving:

Per serving with egg substitute:
109 calories
3 g fat
27% calories from fat
1 g saturated fat
8% calories from saturated fat
5 g carbohydrates
270 mg sodium
1 g dietary fiber

Per Serving with 2 eggs:
237 calories
5 g fat
20% calories from fat
1 g saturated fat
4% calories from saturated fat
40 g carbohydrates
353 mg sodium
6 g dietary fiber